

MISSION POSSIBLE

Wall of Fame *Diana Lach*

GOAL: To obtain “measurable” and “effective fitness goals that increase balance and strength and to learn proper form and technique when working out to stay safe and injury free.

HOW JACKIE HELPED: Before training with Jackie, my work out consisted of 95% cardio getting up between 4:00 & 5:00 a.m. 2 - 3 x's per week exercising to the same Jane Fonda exercise tape for over 20 years in my home basement! I knew that doing the same thing over and over, but expecting different results was a fitness goal that was both unmeasurable and unreasonable. I now found myself struggling through the same flux of motivation and feelings of unfulfilled fruitless efforts...I definitely hit a “plateau” in my exercise routine! Hiring Jackie as my personal trainer has helped me understand why I hit a plateau and she has found many ways for me to work through it and see more results. In fact, working with Jackie has allowed me to achieve the results that I was not able to achieve on my own and I now have “tangible” results! Jackie always keeps me motivated and pushes me harder than I could push myself, and the attention to form has yielded results that are quite impressive. My balance and strength has increased significantly and achieving results that I could not achieve on my own. Jackie consistently provides me with fitness training that is challenging, safe, and effective. Reading all the fitness magazines, does not substitute having a person by your side providing you immediate feedback on form and technique. Jackie has helped me develop a better running form, improved my posture, and increased my strength by teaching me how to recruit the proper muscles and making a mind body connection. With each exercise, Jackie holds me accountable to proper form and technique preventing injury! I am empowered by my new found strength in more ways than one. I enjoy every minute of working out and have been taking new classes to find new ways to enrich my workouts. I can't thank Jackie enough for helping me realize my goals to maintaining optimal health and vitality. As a single parent, I tried to instill a healthy role model for my son, but it was not until I started to focus on our health together and supported and encouraged one another together, that we not only got great results but also have become closer to one another by sharing an important commonality. There have been many times when the weather has been inclement and I got inspired to work out because my son inspired me by doing the same! I even got an hour of quality time with my 16 year-old because he joined me in Candle light Yoga. We joked and struggled together during that hour and as a mom of a teenage boy, you may know how precious that time was to me!



Diana has been training with Jackie for years now, and continues to stay motivated to improve her form and achieve, such as winning this year's Forearm Plank Challenge — a 6 min. hold she performed at 7 am before her workout! Her positive results and attitude are also evident in her son, Brandon (pictured with her above), another success story with Jackie and a way for them to enjoy time focused on health together.